



**ASTHMA
AUSTRALIA**

GET BACK TO LIVING FREELY

**FIND YOUR
ASTHMA ANSWERS**

 **1800 ASTHMA**

(1800 278 462)

Supported by



ACT
Government

MAKE THE CALL, 1800 ASTHMA

When you call 1800 ASTHMA (1800 278 462), you can ask about a range of topics. At Asthma Australia our aim is to provide people with asthma, or those who care for someone with asthma with the support they need, right when they need it.

We understand that asthma is different for each person; that's why our Asthma Educators are ready to listen.

We can answer your asthma questions.

Want more comprehensive care? Ask the 1800 ASTHMA Educator or your health care professional about The COACH Program[®].



WHAT IS THE COACH PROGRAM®?

The COACH Program® is a confidential, free health coaching service delivered over the phone by Asthma Australia Coaches. The program aims to help people with their general health and wellbeing by better controlling their asthma.

Asthma Australia's Coaches can also work with women who are identified as being at risk of other chronic diseases such as diabetes to make positive lifestyle changes. This includes focussing on specific risk factors such as smoking, poor nutrition, overweight or obesity and low levels of physical activity.

1 IN 7 WOMEN WILL BE DIAGNOSED WITH GESTATIONAL DIABETES DURING HER PREGNANCY.

WOMEN WITH ASTHMA HAVE A HIGHER RISK OF GESTATIONAL DIABETES IF THEIR ASTHMA IS POORLY CONTROLLED.

RISKS OF DEVELOPING TYPE 2 DIABETES

While maternal blood glucose levels usually return to normal after birth, there is an increased risk of the woman developing type 2 diabetes in the future. The baby may also be at risk of developing type 2 diabetes later in life. ^

HOW DOES IT WORK?

The COACH Program® runs for up to six months, with regular scheduled calls. Your Coach will contact you by phone, at a time suitable to you. At the end of each session your Coach will send you a letter recapping the call you have had, any recommendations and the time for your next appointment. Any health care professionals nominated by you will also receive a copy of the letter. All your information is confidential and will not be shared without your consent. You are free to withdraw from the program at any stage.

FIND YOUR ASTHMA ANSWERS

Ask the 1800 ASTHMA Educator or your health care professional about The COACH Program®.

Your Asthma Coach will support you by:

- understanding your health needs and providing you with personalised information tailored to your lifestyle
- identifying gaps in your treatment and recommending a plan to align with best practice treatment guidelines
- working with you to set and achieve goals for your asthma management
- offering regular support with the same Asthma Coach each time, you can also ring your Asthma Coach in between sessions if you have any questions or would like further information
- complementing your existing GP and/or specialist asthma care
- working with you to achieve good asthma control, which means less asthma symptoms

AT ASTHMA AUSTRALIA, WE HELP PEOPLE TO BREATHE SO THEY CAN LIVE FREELY.

Asthma Australia provides support for people with asthma and their carers through:

- Asthma education and training, to help better manage asthma
- A wide range of asthma information and apps
- Funding research into the causes, prevention and treatments for asthma.

Delivering results for people with asthma:

58% of people showed significant improvement in their level of asthma control after speaking with an Asthma Educator.*

87% of people receiving ongoing phone support via The COACH Program®, showed significant improvement in their level of asthma control.*

*Data from Asthma Australia's database over a 12 month period.

ASTHMA FIRST AID

1



SIT THE PERSON UPRIGHT

- Be calm and reassuring
- Do not leave them alone

2



GIVE 4 SEPARATE PUFFS OF BLUE/GREY RELIEVER PUFFER

- Shake puffer
- Put 1 puff into spacer
- Take 4 breaths from spacer
 - Repeat until 4 puffs have been taken

OR give 2 separate inhalations of Bricanyl (6 years or older)
OR give 1 inhalation of Symbicort Turbuhaler (12 years or older)
OR give 2 puffs of Symbicort Rapihaler through a spacer

If no spacer available: Take 1 puff as you take 1 slow, deep breath and hold breath for as long as comfortable. Repeat until all puffs are given

3



WAIT 4 MINUTES

- If there is no improvement, give 4 more separate puffs of blue/grey reliever as above

OR give 1 more inhalation of Bricanyl
OR give 1 more inhalation of Symbicort Turbuhaler
OR give 2 puffs of Symbicort Rapihaler through a spacer

IF THERE IS STILL NO IMPROVEMENT

4



DIAL TRIPLE ZERO (000)

- Say 'ambulance' and that someone is having an asthma attack
- Keep giving 4 separate puffs every 4 minutes until emergency assistance arrives

OR give 1 inhalation of a Bricanyl or Symbicort Turbuhaler every 4 minutes – up to a max of 3 more inhalations of Symbicort Turbuhaler

OR give 2 puffs of Symbicort Rapihaler through a spacer every 4 minutes – up to a max of 6 more puffs of Symbicort Rapihaler

CALL EMERGENCY ASSISTANCE IMMEDIATELY AND DIAL TRIPLE ZERO (000) IF:

- the person is not breathing
- the person's asthma suddenly becomes worse or is not improving
- the person is having an asthma attack and a reliever is not available
- you are not sure if it is asthma
- **the person is known to have anaphylaxis – follow their Anaphylaxis Action Plan, then give Asthma First Aid**

Blue/grey reliever medication is unlikely to harm, even if the person does not have asthma.

This brochure has been developed for the community by Asthma Australia.

This brochure provides information about:

- 1800 ASTHMA (1800 278 462)
- The COACH Program®
- Support to improve your asthma

Call **1800 ASTHMA** (1800 278 462) for all your answers to your asthma questions, or ask the 1800 ASTHMA Educator or your health care professional about The COACH Program®.

FIND YOUR ASTHMA ANSWERS

Call 1800 ASTHMA (1800 278 462) or visit asthma.org.au/asthma-answers

Information and support:

1800 ASTHMA

(1800 278 462)

asthma.org.au



Translating and Interpreting Service
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All Asthma Australia information is consistent with the Australian Asthma Handbook.

Asthma Australia information does not replace professional medical advice. People should ask their doctor any questions about diagnosis and treatment.

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^ Sources - Diabetes Australia 2020, Gestational Diabetes, accessed online: <https://www.diabetesaustralia.com.au/gestational-diabetes>; Bonham et al 2018, Asthma outcomes and management during pregnancy, Chest, 153(2), 515-527, accessed online: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5815874/#bib27>; Australian Institute of Health and Welfare 2019, Incidence of gestational diabetes in Australia, Canberra: AIHW, accessed online: <https://www.aihw.gov.au/reports/diabetes/incidence-of-gestational-diabetes-in-australia/data>